

DANCE BAG CHECKLIST

NUTRITION

- Hydration _____
- Fruit _____
- Snacks _____
- Sweet Treat _____

COMFORT

- Warm-Ups _____
- Sweatshirt _____
- Physical Therapy Items _____
- Combination Lock _____

TOILETRIES

- Hair Products _____
- Hygienic Products _____
- Make-Up _____
- COVID-19 Prevention Kit _____

EMERGENCIES

- Extra Dancewear _____
- First Aid Kit _____
- Medicine & Vitamins _____
- Sewing Kit _____

ENTERTAINMENT

- Dance Journal _____
- Homework _____
- Headphones _____
- Smartphone/Tablet _____

OTHER

- _____
- _____
- _____
- _____

